

**Missouri Department of Health & Senior Services**  
 Child & Adult Care Food Program  
 Infant Food Chart

	<b>Food Components &amp; Food Items</b>	<b>Birth through 5 months</b>	<b>6 through 11 months</b>
<b>Breakfast, Lunch, or Supper</b>	Breastmilk <sup>1</sup> or Iron-fortified formula <sup>2</sup>	4-6 fluid oz.	6-8 fluid oz.
	Vegetable or Fruit or both <sup>5, 6</sup>		0-2 tablespoons
	Iron-fortified infant cereal <sup>2,5, 7</sup> or Meat/Meat Alternate or both		0-1/2 oz. eq. of iron-fortified infant cereal; or 0-4 tablespoons meat, fish, poultry, whole eggs, cooked dry beans or peas; or 0-2 oz. of cheese; or 0-4 oz. by volume of cottage cheese; or 0-4 oz. of yogurt <sup>4</sup> ; or a combination
<b>Snack</b>	Breastmilk <sup>1</sup> or Iron-fortified formula <sup>2</sup>	4-6 fluid oz.	2-4 fluid oz.
	Vegetable or Fruit or both <sup>5, 6</sup>		0-2 tablespoons
	Iron-fortified infant cereal <sup>2, 5, 7</sup> bread/bread-like item or crackers or ready-to-eat cereal <sup>3, 7</sup>		0-1/2 oz. eq. of bread/bread items; or 0-1/4 oz. eq. of crackers; or 0-1/2 oz. eq. of iron-fortified infant cereal; or 0-1/4 oz. eq. ready-to-eat cereal
<b>***<a href="#">USDA Feeding Infants Using Ounce Equivalents for Grains in the CACFP worksheet</a>***</b>			

- <sup>1</sup> Breastmilk or iron-fortified infant formula, or portions of both, must be served; however, it is recommended that breastmilk be served in place of formula from birth through 11 months. For some breastfed infants who regularly consume less than the minimum amount of breastmilk per feeding, a serving of less than the minimum amount of breastmilk may be offered, with additional breastmilk offered at a later time if the infant will consume more.
- <sup>2</sup> Infant formula and dry infant cereal must be iron-fortified.
- <sup>3</sup> Breakfast cereals must contain no more than 6 grams of sugar per dry ounce. Ready-to-eat cereal may be served as part of a reimbursable snack.
- <sup>4</sup> Yogurt must contain no more than 23 grams of total sugars per 6 ounces.
- <sup>5</sup> A serving of this component is required when the infant is developmentally ready to accept it.
- <sup>6</sup> Fruit and vegetable juices must not be served.
- <sup>7</sup> A serving of grains must be whole grain-rich, enriched meal, or enriched flour. Iron-fortified infant cereal is the only grain that may count toward a reimbursable breakfast, lunch, or supper. Ready-to-eat cereals, bread/bread-like items, and crackers may be served as part of a reimbursable snack.